

Get Crisis Counseling and Other Services

Get Crisis Counseling

Through the Texans Recovering Together program, HHS partner providers go into disaster-affected communities to offer crisis counseling and connect people to local resources.

Crisis counseling helps address stress and other feelings disaster survivors experience. Services are free, anonymous and confidential. They don't involve making diagnoses. They are provided in the home and community settings, like schools and churches, instead of an office.

Outreach workers may lend a listening ear, provide stress management education, help people learn and practice healthy ways to cope, and connect people to other disaster-relief resources and services.

Find your local Texans Recovering Together crisis counseling program provider by contacting 2-1-1 or by finding your local provider in the list below.

Provider	Contact	Website	Counties Served
Education Service Center, Region 2	Phone: 361-561-8400	www.esc2.net	Aransas, Bee, Kleberg, Nueces, San Patricio
Education Service Center, Region 3	Phone: 361-573-0731	www.esc3.net	Calhoun, Colorado, DeWitt, Goliad, Jackson, Karnes, Lavaca, Matagorda, Refugio, Victoria, Wharton
Education Service Center, Region 4	Phone: 713-744-6365 Phone: 713-462-7708	www.esc4.net	Chambers, Fort Bend, Waller

Provider	Contact	Website	Counties Served
Education Service Center, Region 5	Phone: 409-951-1771 Phone: 409-951-1700 Email: kbrewer@esc5.net	www.esc5.net	Hardin, Jasper, Jefferson, Newton, Orange, Tyler
Gulf Coast Center	Phone: 866-729-3848 (toll free) Phone: 409-944-4436	https://gulfcoastcenter.org/	Brazoria, Galveston
Harris Center	Phone: 844-279-6036 (toll free) Email: trt@theharriscenter.org	http://www.mhmraharris.org/	Harris
Tri-County Behavioral Healthcare	Phone: 800-659-6994 (toll free) Phone: 936-521-6143	www.tcbhc.org	Liberty, Montgomery, Walker

Other Services

If you or someone you know is experiencing an emotional distress or substance abuse crisis:

- Call the SAMHSA [Disaster Distress Helpline](https://www.samhsa.gov/247) at 1-800-985-5990 24-hours-a-day or text TalkWithUs to 66746 for support and counseling.
- For veterans, call the [Veterans Crisis Line](https://www.veteranscrisisline.net) at 1-800-273-8255 24-hours-a-day and press 1, or send a text message to 838255.

If you or someone you know is at risk of self-harm:

- Contact the [National Suicide Prevention Lifeline](https://www.suicidalifeline.org), at 1-800-273-8255 24-hours-a-day.

If you or someone you know is in need of non-crisis substance use or mental health services (or other disaster-related services/resources):

- Dial 2-1-1 to be connected to a mental health or substance abuse service provider in your area and for other disaster-related information and resources.